

Seniors' Caregiver Handbook

Section 1

What is a Caregiver?

Definition of a Caregiver - *A person, male or female, who provides care in the name of protection, supervision and conscientiousness.*

A Caregiver is:

- a spouse
- a relative
- a friend/neighbour
- a professional

You become a *Caregiver* when you assume the responsibility to provide help or a service that the Care-Receiver normally or regularly performed.

The Caregivers' Bill of Rights

1. I have the right to take care of my own needs.
2. I have the right to feel and appropriately express all of my feelings, positive and negative.
3. I have the right to set limits about how much I am willing to do.
4. I have the right to ask other family members and friends for help.
5. I have the right to seek professional help and information that will make my job as Caregiver easier.
6. I have the right to develop areas of my life that have nothing to do with the care of the receiver.
7. I have the right to free time.
8. I have the right to feel good about the difficult job I am doing.
9. I have a responsibility to be honest and truthful.
10. I have a responsibility to respect the Care-Receiver.
11. I have a responsibility to encourage good relations with other care providers and family members.

(Source: Caregiver Alliance of North York)

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Your Notes - Section 1

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